

Fun for the Whole Family

On YWCA Winter Schedule



It Could Be A Turtle

A paint brush in the hands of a pre-schooler can produce most anything the artist wants. "This is a turtle" say these young artists, from left Tracey Thomas, 4, Seta Boujikian 4½; and Sharon Rite 3, at the table; while Massis Boujikian 3½, on the floor, creates his own bit of artistry during a "Creative Arts" class at the Torrance YWCA.

It's a family affair at the Torrance YWCA and the winter schedule of classes and activities, which are slated to begin Jan. 20, have been designed to interest every member of the family, the pre-schoolers, the pre-teens, teenagers and the parents.

Physical fitness is the theme of the new program at the YWCA, according to Mrs. Carol C. Wood, executive director, who states that each class is set up to teach a particular skill with physical fitness, stressing a trim and firm body as the main objective.

Classes in tumbling and other exercises are scheduled for pre-schoolers and for the elementary school age there will be sessions in karate, ballet and tap dance.

A popular new class "Weight Watchers" will attract pre-teens and teenagers and for women special emphasis has

been placed on exercise and weight watching. This will be carried out in karate, interpretive dance, square dance and social dancing, along with yoga classes.

A continuing program for the pre-schooler will be classes to prepare them for classroom situations in school, as well as crafts, rhythm band and ballet for little girls. A new class added this year for pre-school boys 3 to 5 years, is pre-school gym. It includes tumbling, exercise and games.

Ballet, tap and Polynesian dance are on the ticket for the school girls and there is a special "playday" on Saturday from 10 a.m. until 2 p.m. This day is combined to give the girls a chance to learn new skills. It includes instruction in baton twirling, ballet and one and a half hours of arts and crafts. Also included is a supervised luncheon and play period. Given at several ability levels, beginning, intermediate and advanced, are the classes in karate, group piano, and guitar for school age boys and girls. For boys only, the Saturday morning class in tumbling is continuing with Dennis Allie as instructor.

Teenagers, dissatisfied with their mirror reflections, are invited to join in the YWCA's "Teen Weight Watcher Movement." This group will meet every Tuesday between 4 and 5 p.m. and is designed to show

the teenager how he looks and how he could look. Part of the program involves weigh-ins, exercises, group discussion and group awareness. The instructor for this course is Colleen Rudd, program director for the YWCA.

Other teen classes offered are songleading, cheerleading, baton, interpretive dance, karate and theater dance. These classes are a continuation of the 1968 program at the Y.

New classes include folk dancing featuring the lively and enjoyable German, Swedish, Irish and Hungarian "foot stompers."

Looking forward to the summer beach outing, classes in volleyball will also be offered emphasizing fun while learning the necessary skills.

It has also been announced that the YWCA will sponsor a "Ski Club" open to any teenager who likes the outdoor sports of water or snow skiing. Snow trips will be organized and during meetings, movies and discussion periods will be held.

Another class under consideration is the "Exercise Club" for "pound-off seekers." Colleen Rudd should be called regarding this class.

Besides the classes in physical fitness for women, classes in creative stichery and knitting have also been scheduled.

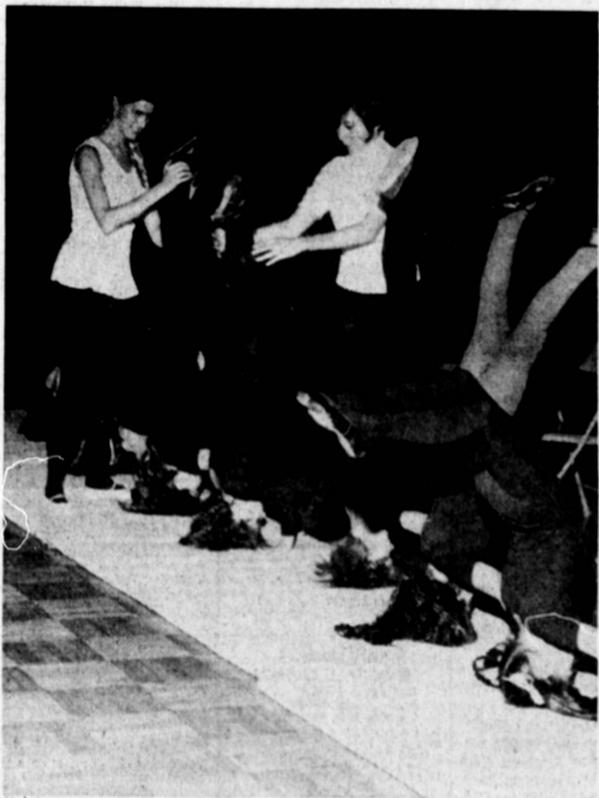
Mrs. Fran White will instruct beginners as well as advanced students. Bridge will be played on Thursday and classes in guitar for women are also being considered.

A special feature for mothers is the scheduling of pre school classes and child care at the same time as women's activities making it possible for mother to be in a class knowing her child is also active and happy in his own class.

For both men and women, there will be evening classes in karate, exercise, and beginning bridge on Monday. This bridge class is for those who have had no previous instruction and includes eight two hour lessons with lectures, instruction and supervised play. The new class in social dancing will meet Thursday evenings for two hours. This is for beginners and those wanting a "brush up" course in the basic dance steps. Although there is a special fee for couples, single registrations are also being accepted.

Self improvement program for women, other than exercise, includes classes in hair-styling and makeup under the supervision of Mrs. Vicki Swanson.

All of the winter classes are now open for registration. For more information the YWCA may be called. A complete brochure on all activities is also available at the Y.



Grace, Poise Charm

Graceful ballet steps are used in teaching poise and good posture to the pre-teens at the Torrance YWCA. Tita Boulger, left, a student at Harbor College, is assisted by Gail Warren 14, in instructing this group of girls in intermediate ballet.



Firming Up Those Muscles

All that energy bottled up in pre-school boys is put to good advantage in the tumbling classes at the YWCA. Here, Brett Weideman 5, tumbles while Greg Allie 5 and Craig Weideman 6 look on. Instructing is Dennis Allie, a physical education major at El Camino College.

Photos

by

Hal Fisher

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Edna Cloyd, Editor

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Trim and Slim

Extra pounds put on during the holidays can be dealt with and Mrs. Janet Camilli, instructor for the women's exercise classes at the YWCA shows them how. Dropping their waistline bulge and firming up the midriff are from left, Mmes. David Free, David Thompson, Ronald Hite and Michael O'Brien.



Somethin' From The Oven

Pre-teen boys and girls thoroughly enjoy the cooking classes offered at the YWCA under the supervision of Karen McKim, a Torrance High student. There's team work in mixing up the ingredients of this "something delicious." Paula William 9, with cook book in hand, reads the directions while Lorianne Lee 10, adds the sugar, Miss McKim advises; Tom Williams 8, using the beater, and Charlene Slusarski 11, adds the flour.



Weigh-In Comes First

First things first in the Weight Watchers class at the Y and with the weigh-in comes the battle plan. Vickie Alger 14, is being weighed in by Colleen Rudd, program director, while Sandra Kubick and Jackie Ochsner peruse a calorie counter, preparing for the campaign.